

Count Your CUBES!

WHERE TO LOOK FOR SUGAR!

Nutrition Facts

Valeur nutritive

Per 355 mL / Par 355 mL

Amount Teneur	% Daily Value % valeur quotidienne
------------------	---------------------------------------

Calories / Calories 160

Fat / Lipides 0 g 0%

Sodium / Sodium 30 mg 1%

Vitamin C / Vitamine C 0%

Carbohydrate / Glucides 40 g 10%

Sugars / Sucres 40 g

Protein / Protéines 0 g

Vitamin A 0%, Iron 4%, Calcium 0%

Ingredients: Carbonated Water, Sugar, Glucose-Fructose, Sodium Citrate, Caffeine.

Vitamine A 0%, Fer 4%, Calcium 0%

Ingredients: Eau gazéifiée, sucre, glucose-fructose, citrate de sodium, caféine.



The grams of sugar on the label gives the TOTAL amount of all sugars in the product. We are not concerned about sugars that are bound/found directly in fruit, vegetables, nuts, legumes and milk. These are healthy foods and drink. Avoid all sugary drinks that have had sugar added to them such as flavoured/ chocolate milk.

4 g sugar = 1 tsp sugar

40 grams of sugar is equal to 10 teaspoons or 10 sugar cubes.



This drink has a whopping 10 teaspoons of sugar!

There are many different names for sugars. Examples: sugar, syrups (cane syrup, maple syrup, rice syrup, etc.), "ose" words (high fructose corn syrup, glucose, fructose, etc.) honey, molasses.